



QIIMEYNTA NAFAQADA EE HAWEENKA / NUTRITION ASSESSMENT FOR WOMEN

MAGACA KA QEYBQAATAHA IYO DCN:	TAARIKHDA DHALASHADA:	CATEGORY:	TAARIKHDA LA DHAMEYSTIREY:
		P / B / N	
Form completed by: <input type="checkbox"/> Participant or WIC Staff: <input type="checkbox"/> CPA <input type="checkbox"/> RD <input type="checkbox"/> Nutritionist <input type="checkbox"/> WIC Certifier			
Fadlan ka fakir habka raashin qaadashadaada kana jawaab su'aalaha soo socda sidii ugu haboon ee awoodaada ah. Ku dhig sanduuqa yar dhexdiisa calaamada <input checked="" type="checkbox"/> iyo/ama <u>gor</u> jawaabtaada.			
HABKA CUNTADA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)			
1. Imisa jeer ayaad wax cuntaa maalintii? _____raashino/maalintii _____ cuntooyinka baakooyinka ku jirta/maalintii cuntooyinka baakooyinka ku jita nooce ayaa cuntaa? <input type="checkbox"/> Caano, garoor, foormaajo <input type="checkbox"/> Hilib, maley, ukun, digir <input type="checkbox"/> Miro iyo khudaar <input type="checkbox"/> Rooti, heer, bariis iyo baasto <input type="checkbox"/> Bataati shiilan/ raashinka cusbadha leh <input type="checkbox"/> Buskud/doolshe/raashinka sonkorta leh			
2. Caadi ahaan todobaadkii, imisa jeer ayaad wax ka cuntaa huteelka, marka lagu daro meelaha lagu gado cuntooyinka fudud? _____raashino/todobaadkii			
3. Imisa ayamood todobaadkii ayuu qoyskaagu sida qaalibka ah raashinka wada cunaa? _____maalmood/todobaadkii <input type="checkbox"/> Maba dhacdo marna (hal)			
4. Miyey jiraan waxyabo aad ka bedeli lahayd raashinka aad cuntid? <input type="checkbox"/> Haa <input type="checkbox"/> Maya Liistee isbedelka:			
HABKA RAASHIN QAADASHADA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)			
5. Sidee ayaa loo diyaariya guud ahaan raashinkaaga? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> La foorneeyey <input type="checkbox"/> La shiiley <input type="checkbox"/> La karkariyey <input type="checkbox"/> La moofeyey <input type="checkbox"/> La soly <input type="checkbox"/> La dubey <input type="checkbox"/> Microwafka lagu kariyey			
6. Miyey jiraan raashino aad is leedahay in kugu filan kama cuntid? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Caano,garoor,foormaajo <input type="checkbox"/> Hilib,maley,ukun,digir <input type="checkbox"/> Miro <input type="checkbox"/> Khudaar <input type="checkbox"/> Rooti,heed,bariis iyo baasto			
*7. Miyaad ku jirtaa cunto qaadasho nidaamsan oo kuu gaar ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calaamadee nooc. <input type="checkbox"/> Cuna khudaar kaliya <input type="checkbox"/> Aan cunin wax xoolo ka yimaada <input type="checkbox"/> Yareeya cuntooyinka tamarta badan dhaliya/miisaanka rida <input type="checkbox"/> Raashin dabiici ah oo ka kooban khudaar iyo iniiy whole ayan lagu darin kiimiko. <input type="checkbox"/> Raashinka qaar ku jirada ama aan xamili karin <input type="checkbox"/> Subagu ku yar yahay <input type="checkbox"/> Tamar dhalintu ay ku yar tahay <input type="checkbox"/> Kuwo kale: [340] [427.2]			
*8. Haweenka qaarkood waxay jantaan ama u jeelaan waxyabo aan raashin- ahayn. Miyaad cuntaa wax ka mid ah kuwa soo socda? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Danbas <input type="checkbox"/> Tamaashir <input type="checkbox"/> Baraf aad u tiro badan iyo/ ama xunbo cad oo la barafeeyey <input type="checkbox"/> Kuwo kale: <input type="checkbox"/> Fixiso <input type="checkbox"/> Sigaarka <input type="checkbox"/> Jajabka ranjiga <input type="checkbox"/> Taraqa gubtey <input type="checkbox"/> Dhoobo <input type="checkbox"/> Carada <input type="checkbox"/> Dunta kaarbadka <input type="checkbox"/> Boorka <input type="checkbox"/> Budada (dharka wasaqda ah ama budada galeyda) [427.3]			
CABITAANADA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)			
9. Miyaad cabtaa caanaha? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calaamadee nooc. <input type="checkbox"/> Aan subag lahayn (laga qaadey subaga) <input type="checkbox"/> Subag yar leh (1%) <input type="checkbox"/> Laga dhimey subaga (2%) <input type="checkbox"/> Dhamaan <input type="checkbox"/> Cano laga miirey bariis <input type="checkbox"/> Budo ah <input type="checkbox"/> Macmacaan jaamud ah <input type="checkbox"/> Caanaha riyaha <input type="checkbox"/> Caanaha laga miirey dhirta soyga <input type="checkbox"/> La uumi bixiyey <input type="checkbox"/> Kuwo kale:			
10. Ugu badnaan intee caano ah ayaad cabtaa? Calaamadee mid kaliya. <input type="checkbox"/> Dhow jeer/maalintii <input type="checkbox"/> Hal mar/ maalintii <input type="checkbox"/> In ka yar hal mar/maalintii			
11. Ugu badnaan intee ayaad ka cuntaa raashinada xoolaha laga dheefsado sida foormajada,garoorka,ama macmacaanka laga sameeyo bur iyo ukun? <input type="checkbox"/> Dhow jeer/maalintii <input type="checkbox"/> Hal mar/maalintii <input type="checkbox"/> In ka yar hal mar/maalintii			
12. Maxay yihiin cabitaanada kale eed cabtid caadi ahaan maalintii? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Casir <input type="checkbox"/> Biyo <input type="checkbox"/> Miro la shiidey <input type="checkbox"/> Cabitaanka isboortiga <input type="checkbox"/> Kookaha/faantada caadiga ah <input type="checkbox"/> Kookaha/faantada oo ah nooca la nidaamiye <input type="checkbox"/> Bun/shaah <input type="checkbox"/> Khamro <input type="checkbox"/> Khamroda cinabka laga sameeyo <input type="checkbox"/> Khamrooyin kale <input type="checkbox"/> Kuwo kale:			

13. Waa maxay ilaha aad biyaha ka heshaa? Calaamadee mid kaliya.
- Nidaamka biyaha ee magaalada Nidaamka biyaha ee baadiyaha Ceel gaar ah Biyaha caagadaha ku jira
 a. hadii jawaabtu ay tahay ceel gaar ah, miyaa laga baadhey bakteeriya ama kiimikada loo adeegsado beeraha? Haa Maya Ma ogi
 hadii ay jawaabtu tahay haa, calaamadee natijada: badbaado ah Aan badbaado ahayn Ma ogi
 b. Miyaad ogtahay in ay ku jirto biyahaaga maadada u roon ilkaha ee loo yaqaan(Fluoride) Haa Maya
 c. Miyaad ku cadayataa daawada cadeyga ee ay ku jirto maadada (fluoride)? Haa Maya

SIYAADOOYIN AH (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)

14. Miyaad qaadatey fiitamiinada isku dhafan bishii ka horeysey uurkani imika? Haa Maya
 hadii ay jawaabtu tahay haa, imisa jeer todobaadkii? _____ jeer/todobaadkii [427.4]
15. Miyaad qaadataa wax fiitamiino ah, macdano, daawada dhirta laga suubiyo ee dabiiciga ah ama daawo siyaado ah? Haa Maya
 hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan.
 Fiitamiinka loo yaqaan (prenatal) Fiitamiino isku dhafan (aan ahayn prenatal) Feero siyaado ah
 Daawo dhireed siyaado ah Kuwo kale: [427.1] [427.4]
16. Miyaad isticmaashaa milixda aayodhiinka leh? Haa Maya

RAASHIN BADBAADO LEH (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)

17. Miyaad haysataa qalab kuugu filan raashinka iyo meel aad ku keydsato ama aad ku diyaariso sida qabooiyeh, shoolada wax lagu kariyo oo si fiican u shaqeyn karta iyo maqaasiin aan lahayn cayayaan iyo kiimikooinka waxyeelooyinka leh? Haa Maya

RAASHIN KUGU FILAN IYO KA QEYBQAADASHADA MASHRUUCA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo)

18. Bishii ay nu so dhaafney, adiga ama inta guriga kugula nool miyaad cunteen raashin aad is leedahay wuu ka yar Yahay intii aad cuni jirteen, sababta oo ah waxaan la hayn lacag ku filan in raashin lagu soo gato? Haa Maya Ma ogi ama diidan
19. Miyaad ka qeyb qaadataa wax ah mashruucyada raashinka ama nafaqada? Haa Maya
 hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan.
 Kaadhka caydha Qadada laga bixiyo iskuulka Mashruuca waxbarahsada ee nafaqada qoyska (FNEP)
 Mashruuca gadisleyda
 Boonada raashinka Kuwo kale:

DHAQDHAQAAQA JIDHKA (Qeybtani waa inay buuxiyaan dhamaanba haweenka oo dhan)

20. Caadi ahaan maalintii imisa **daqiqadood** ayaad qabataa waxyalaha jidhkaaga ka sheqeysiya? Marnaba 0-30 31-60 In ka badan 60

UUR LEH (Qeybtani kaliya waxaad buuxin kartaa hadii aad imika uur leedahay)

21. Intee in le'eg ayaad u maleyni iney kugu korodhey miisaanka jidhkaaga intii aad uurka lahayd? _____ Rodol(pounds) Ma garanayo
22. Miyaad qabtaa mid ka mid ah waxyabaha soo socda? Haa Maya
 If yes, check all that apply.
 Calool taag Shuban Dawakhaad Matag Laab jeex Kuwo kale:

- *23. Miyaad cuntaa raashibada ay ka midka yihiin: [427.5]
 a. maley cayriin ama maleyga yar oo qolofta ku jira, Haa Maya
 b. cunto badeed qiiq lagu soleey oo qaboojiyaha lagu keydiyey, Haa Maya
 c. cayriin ama hilib aan la karin, digaag, ama turkey, Haa Maya
 d. hilib suuqa lagu gado oon karsaneey oo la googooyey, hilib basil ee lagu gado dukaanada, hilib shiidan oo la luuqey oo rooti la dhexgasho Haa Maya
 e. cajjin hilib ka kooban oo rootida la marsado ama hilib yar yar lagu darsado cuntada, Haa Maya
 f. caano aan la karkarinin ama raashin ka kooban caano aan la karkarinin, Haa Maya
 g. foormaajo jilicsan sida Feta, Brie, Camembert, blue-veined cheese, Mexican-style cheese, Haa Maya
 h. ukun cayriin ama aan aad loo karinin ama raashin ay ku jirto ukun aan si fiican loo karin ama cayriin, Haa Maya
 i. khudaarta iniinteeda oo darey ah sida nooc xawaashka ka mid ah oo loo yaqaan(alfalfa), qorofal, khudaara malaasan oo guduudan(radish) Haa Maya
 j. miro ama khudaarta cabitaan laga miirey oon la karkarin. Haa Maya

NAASNUUJINTA (Qeybtani kaliya waxaad buuxin kartaa hadii imika aad naasnuujineysid)

24. Miyaad wax ka qabtaa naasnuujinta? Haa Maya
 hadii ay jawaabtu tahay haa, liistee wixii aad ka qabto: [602]

WAXAA DHAMEYSTIRI KARA OO KALIYA SHAQASI KA TIRSAN XAFIISKA WIC

SIGNATURE (RISK ASSESSMENT):

SIGNATURE (NUTRITION COUNSELING):

DATE

DATE